

CULTIVATE COMPASSION FOR OTHERS



ATTEND
to your
breath



VISUALIZE
a living
being
you care
about



REFLECT
on the
commonalities
of all beings



ALLOW
your
thoughts
to flow
to the being
in your heart



Like me,
this being
is seeking
peace and
happiness in
their life



Like me,
this being
has known
suffering
and pain



May you
flourish
and be
free of
suffering
and pain

TIP OF THE WEEK: CULTIVATE COMPASSION FOR OTHERS

Compassion means showing kindness, coming to the aid of those who are suffering, and embracing our shared humanity. Cultivating compassion stimulates positive emotions in oneself and others such as peace, happiness, and gratitude. This exercise only takes a few moments and can be especially useful in times when stress or strife make it difficult to remember our shared beliefs.

1. Bring your attention to your breath and place your hand on your heart.
2. Choose a being that you care about or visualize a stranger or community.
3. Reflect on the commonalities of all beings: the need for food, shelter, safety, and love.
4. Allow these thoughts to flow out to the beings you are holding in your heart:
 - Like me, this being is seeking happiness and peace in their life.
 - Like me, this being has known suffering and pain.
 - May you flourish and be free of suffering.

Exercise adapted from the Compassion Focused Therapy method and zenhabits.net
Guide to Cultivating Compassion:

<https://zenhabits.net/a-guide-to-cultivating-compassion-in-your-life-with-7-practices/>